

Viaje al optimismo

Journey to optimism



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'The past has always been worse, and there's no doubt the future will be better.' It is this message that guides 'Viaje al optimismo', a journey Punset invites us to join him on. The author examines the constant scientific advances that justify an enthusiastic view of the future. On this journey, Punset refutes the view that the crisis is a global one, declares we should redistribute work while life expectancy is increasing by two and a half years every decade, and reminds us it's no longer possible to live without social networks. 'Nowadays,' he claims, 'people demand leadership from the youth,' says that it is more necessary than ever 'to learn to un-learn,' and that we must accept that managing our emotions is an inescapable priority.

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